



## PUBLIC HEALTH RESOURCES FOR PRIMARY CARE OBESITY, PHYSICAL ACTIVITY & NUTRITION

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### INTRODUCTION

Michigan is the 5th most obese state, with an adult obesity rate of 31.3% (BRFSS, 2011). Three out of every 10 adults in Michigan are obese (31.3%), while 34.2% are overweight (BRFSS 2011). The Michigan Department of Community Health (MDCH) aims to prevent and control obesity and other chronic diseases by promoting healthful eating and physical activity, and supporting policies and environmental strategies that support healthy behaviors and increase the likelihood that people will make healthy choices for themselves and their families. Below are evidence-based programs and interactive web resources available to people interested in improving their health.

### PROGRAMS

#### [Personal Action Toward Health \(PATH\)](#)

*Personal Action Toward Health (PATH)* is Michigan's name for the Stanford Chronic Disease Self-Management Program; an evidence-based self-management education program for people with any type of chronic health problem. The program empowers participants to take an active role in managing their health. In PATH workshops trained facilitators cover topics such as: dealing with common problems associated with chronic disease (e.g. pain, fatigue), the importance of good nutrition and physical activity, appropriate use of medications, communicating effectively with family, friends, and health professionals, and more. Studies have shown that workshop participants experienced more energy, and less fatigue, pain, shortness of breath, and depression, and reported improved communication with their physician, greater self-efficacy, increased physical activity, and fewer social role limitations. PATH workshops are held in accessible community settings, 2½ hours per week for 6 weeks.

- [View a 10-minute informational video about PATH](#)
- [Search for a PATH workshop near you](#)
- [Contact a regional PATH coordinator](#)

Geographic coverage area: Statewide (implemented in 60 of 83 counties in 2012)

Target population: Adults with arthritis or any chronic health condition, and caregivers

#### [Enhance®Fitness](#)

*Enhance®Fitness* is an evidence-based group exercise program for mature adults. Enhance®Fitness is proven to increase strength, boost activity levels and elevate mood. Certified instructors lead a one hour class that incorporates stretching, flexibility, balance, low impact aerobics, and strength training exercises. Emphasis is placed on helping participants maintain function so they can remain active and independent. Exercises can be adapted for a wide range of participant ability – from fit to frail, and instructors are trained to help participants adapt movements so that they are safe and appropriate for each individual. Enhance®Fitness is offered in Ys, churches, senior centers, senior housing complexes, and other community settings.

- [Watch a 6-minute informational video about Enhance®Fitness](#)
- [View a listing of Enhance®Fitness classes in Michigan by city/region](#)

Geographic coverage area: Classes available in: Ann Arbor/Ypsilanti, Detroit, Flint, Grand Rapids, Kalamazoo, Lansing, Marquette

Target population: Adults with arthritis or any chronic health condition, and caregivers. *Enhance<sup>®</sup> Fitness* is also appropriate for participants with physical disabilities.

## WEB RESOURCES

### Michigan Health & Wellness 4 x 4 Plan

The Michigan Department of Community Health encourages every Michigander to adopt a healthy lifestyle. By working together with local community coalitions, partnering with healthcare, business, education, corporate/trade, and community partners, they support a focus on better health by offering a simple 4 x 4 tool for residents to follow. The tool encourages people to partner with their healthcare provider and enact four healthy behaviors, and track 4 personal health measures.

4 Key Healthy Behaviors	4 Key Health Measures
<ul style="list-style-type: none"><li>• Maintain a healthy diet</li><li>• Engage in regular exercise</li><li>• Get an annual physical examination</li><li>• Avoid ALL tobacco use</li></ul>	<ul style="list-style-type: none"><li>• Body mass index (BMI)</li><li>• Blood pressure</li><li>• Cholesterol level</li><li>• Blood sugar (glucose) level</li></ul>

### Michigan Health & Wellness 4 x 4 Resources

There are many online resources associated with the Michigan Health and Wellness Plan for people to access to help them in their quest to lose weight and be healthier:

- [Create a Personal Plan](#) – Use this interactive web tool to create a personal health plan
- [SuperTracker](#) – The SuperTracker can help you plan and track your health goals
- [ChooseMyPlate](#) – Check out videos and tips for a healthy diet
- [Fruits and Veggies More Matters](#) – Healthy eating facts and tips

### Take the MI Healthier Tomorrow Pledge

**MI Healthier Tomorrow** encourages Michiganders to pledge to lose 10% of their body weight. After taking the online pledge, residents can receive a free Getting Started Kit in the mail and join in on the conversation on Facebook to help guide them on their weight loss journey. Those who wish to provide an email or mobile phone number can also sign up for healthy texts and/or emails with motivational messages, reminders, tips, or recipes to help keep residents focused on reaching their goal of losing weight and becoming healthier.

### MI Healthier Tomorrow Tools

Once you take the Michigan Healthier Tomorrow Pledge, there are some online and downloadable tools that are helpful in supporting health goals:

- [Know Your Numbers](#) – Track important health measures
- [MI Healthier To Do List](#) – Checklist of ways to get healthy
- [MI Daily Plan](#) – Diet, exercise, and lifestyle guide
- [Food Journal](#) – Keep track of meals and snacks to achieve your goals

### Become a MI Healthier Tomorrow Partner

Promote the pledge to lose 10% within your organization. To help prepare your websites as well as your employees and members for this campaign, we encourage you to download the pledge, website buttons, social media samples, and sample messages to send out. You are welcome to promote this campaign both within and outside of your organization.

### [Your Healthy Medical Team](#)

Encourage a healthy lifestyle within your own practice team at work. There are online tools to help you assess, plan, implement and evaluate your own worksite wellness program to practice the same healthy behaviors promoted to patients.

### [MI Breastfeeding Network](#)

One important health benefit of breastfeeding is prevention of obesity. Breast milk provides babies with nutritious food that is easy to digest, and the way your baby feeds helps him or her to develop healthy eating patterns. Breastfeeding also helps mothers to return to pre-pregnancy weight more quickly and easily.

- [View the MI Breastfeeding Network Yellow Pages \(printable tri-fold brochure\)](#)
- [Access a list of Breastfeeding Coalitions in Michigan and other general resources](#)